



Skagit County

WIC Facts: FFY 2004

Infants Born Served by WIC

County.....58.4%
Statewide..... 48.6%

Women, Infants and Children Served

Total: 6,332

Infants and children under 5..... 4,443
Pregnant, breastfeeding and postpartum women.....1,889

WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars
\$2,357,312
WIC Farmers Market Nutrition Program Food Dollars
\$14,344

WIC Families

Working families.....**67.8%**
WIC households with at least one working family member

Families living in poverty..... **73.2%**
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions..... **16,085**

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



WIC Attracts Families to Preventive Health Services

WIC referrals..... **20,274**

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

* Maternity Support Services

Skagit County

WIC Agencies and Sites

Skagit County Community Action Agency

Anacortes
Mount Vernon

Skagit County Public Health Department

Concrete
Mount Vernon
Sedro Woolley

Swinomish Indian Tribe

La Conner

United General Hospital

Sedro Woolley
Stanwood

Upper Skagit Tribe

Sedro Woolley

WIC Authorized Grocery Stores

Albert's Red Apple
Albertsons
Anacortes Food Pavilion
Burlington Cost Cutter
Burlington Thrifty Foods
Fred Meyer
Haggen Foods

Mount Vernon Food Pavilion
Mount Vernon Red Apple Market
Pioneer Market
Safeway
Sedro Woolley Food Pavilion
Sedro Woolley Market Place

WIC Authorized Farmers Markets

Anacortes Farmers Market
Mount Vernon Farmers Market
Sedro Woolley Farmers Market